

## **Day of Your Surgery/Procedure**

### **Daily Medications**

- Take your morning pills as instructed by the pre-op nurse **with just a sip of water.**
- **Your doctor may give you special medicine instructions**

### **Before leaving home, remember:**

- **Leave valuables at home**, including: cash, credit cards, checkbooks, jewelry, items of sentimental value, or valuable items (including valuable clothing).
- **All jewelry**, including body jewelry, must be removed before surgery. (This includes wedding bands).
- **Electronic devices**, such as Laptop computers, personal music and game players, and cellular phones should also be left at home, unless your care partner can accept responsibility for their safety.
- **Do not forget your military ID card.**
- You may brush your teeth the day of your surgery, but do not swallow any water, toothpaste or mouthwash.
- Shower, wash and dry your hair before coming to the Ambulatory Procedure Units. It could be a day or longer before you can do these things again.
- Do not use hair spray, perfume, or cologne.
- Nail polish use is discouraged.
- Do not wear make-up, particularly mascara.
- Do not wear deodorant if you are having breast or shoulder surgery.
- Bring a case to safely store: eyeglasses, contact lenses, hearing aids and dentures (partials or retainers).
- Bring eye drops, respiratory inhalers (breathing treatments) if you use them.
- You may bring reading materials.

If you are delayed for any reason on the day of surgery, call the Ambulatory Procedure Unit front desk at 252-466-0161.

**Ambulatory Procedure Unit is not responsible for lost items.**

### **Arrive at the Ambulatory Procedure Unit:**

#### **Be Prompt!**

On the day of surgery please arrive at the Ambulatory Procedure Unit at the appointed time before your surgery. It is possible that your procedure time may be moved due to unforeseen cancellations or emergencies. If it is necessary to move your procedure, we will notify you as soon as possible.

**Please bring the following items with you to the Ambulatory Procedure Unit:**

**A list of all your medications** including herbal products, vitamins, food supplements and over the counter medicines.

**Include the following:**

- Medicine name, strength and how often you take it. If you do not have a complete list, bring the medications with you.
- All papers given to you by your doctor and the clinic staff.
- Clothes that will fit comfortably over your surgical area.
- **Military ID card**

**Patient Safety**

While you are here, you will be asked questions such as:

- What is your name?
- What is your date of birth?
- What surgery are you having done?
- Do you have any allergies?

Do not be alarmed by these questions. Each member of your care team must make sure they know the answer to each of these questions so we can provide the safest care to you.

- A corpsman will insert an intravenous tube (IV) into your vein. A vein in the hand is usually chosen. Through the IV tube, you will be given fluids and medicines.
- An anesthesia provider or moderate sedation nurse will talk to you before your surgery or procedure. This provider may give you medicine to make you sleepy before your procedure or surgery. Tell your nurse or doctor if you or anyone in your family has had a problem with anesthesia in the past.
- Nurses will ask you about open skin areas on your body, especially in the area of your surgical site. Please tell your nurse about any open sores, rashes, or current skin conditions you may have on the day of your surgery.

**Surgical Site Marking**

Everyone will be asked to confirm what surgery or procedure he or she is having. Many surgical procedures require a mark at the site of surgery with initials. Marking the site is required for procedures involving right or left distinction.

**Friends and Family:**

- Friends and family members are welcome to wait in our Ambulatory Procedure Unit waiting room during your surgery.
- You may use cellular phones within the Ambulatory Procedure Unit's waiting area, signal permitting. Some other clinic areas may be designated non-cellular phone use areas because of potential interference with sensitive medical equipment.
- Once your surgery is over, your doctor will meet with a designated family member or friend to update them on your condition.
- Please bring quiet activities for children while in the waiting room.
- An adult must accompany children at all times.